

Health-Related Risks and Behaviors 2004 Results

PHYSICAL ACTIVITY and WEIGHT STATUS

No leisure-time physical activity

- Nineteen percent of Montana adults reported engaging in no leisure-time physical activity in 2004.
- Adults aged 65 and older (29%) were most likely to be inactive, substantially more so than adults 64 years of age and younger ($\leq 21\%$). Adults aged 25-34 (11%) were significantly less inactive than adults aged 45 and older ($\geq 19\%$).
- There was a strong inverse relationship between level of education and no leisure time physical activity. Adults with less than a high school education (40%) were more likely to report leisure time inactivity than adults with higher levels of education ($\leq 23\%$).
- Montana adults with household incomes greater than or equal to \$50,000 ($\leq 12\%$) were much less likely to report no physical activity in their leisure time than lower income groups ($\geq 18\%$).
- American Indians/Alaska Natives (27%) were more likely to report physical inactivity than White, non-Hispanics (19%).

Note: Physical inactivity is defined as no leisure-time physical activity.

Overweight adults (includes obesity):

- In 2004, fifty-seven percent of Montana adults were at risk for being overweight according to the Body Mass Index (BMI) classification (i.e., $BMI \geq 25$).
- Males (66%) were substantially more likely to fall into this overweight category than females (48%).
- Fewer adults aged 18 to 24 (34%) were overweight than adults in older age classes ($\geq 55\%$).
- Education and income had relatively little influence on the percentage of adults who were overweight in 2004.
- Non-white or Hispanic origin adults had a higher prevalence of overweight (68%) than White, non-Hispanic adults (56%).
- The Southwest Montana health planning region (50%) had the lowest percent of overweight adults, while the Eastern Montana health planning region had the highest percent (67%).
- From 2001 to 2004, the prevalence of overweight adults remained steady at about three-fifths of the Montana adult population.

Note: Body Mass Index (BMI) is used to indicate overweight. BMI is a ratio of weight to height [kg/m^2 or $(lbs. \times 700)/in.^2$]. Persons with $BMI \geq 25$ and < 30 are considered overweight.

Obese adults:

- In 2004, twenty percent of Montana adults were considered obese (i.e., $BMI \geq 30$).
- Adults aged 45 to 64 ($\geq 23\%$) were more likely to be obese than adults less than 25 years of age (12%) or age 65 and older (17%).
- There were very few differences in obesity based on educational or income levels in the Montana adult population.
- Adults with disability (32%) were significantly more likely to report being obese than adults without disability (17%).
- Fewer adults in the Southwest health planning region (16%) were obese than adults in the Eastern, North Central, and South Central health planning regions ($\geq 22\%$).

Note: According to the National Heart, Lung, and Blood Institute (1998), persons with a $BMI \geq 30$ are obese.

Healthy People 2010 Objectives:

- 19-1** Increase the proportion of adults who are at a healthy weight to at least 60 percent (18.5 ≤ BMI < 25.0).
- 19-2.** Reduce the proportion of adults who are obese to 15 percent.
- 22-1.** Reduce the proportion of adults who engage in no leisure-time physical activity to 20 percent.

[Table 7. Physical Activity, Overweight, and Obesity, Montana Adults, 2004]

[Figure 7. Physical Inactivity and Overweight, Montana Adults, 2000-2004]

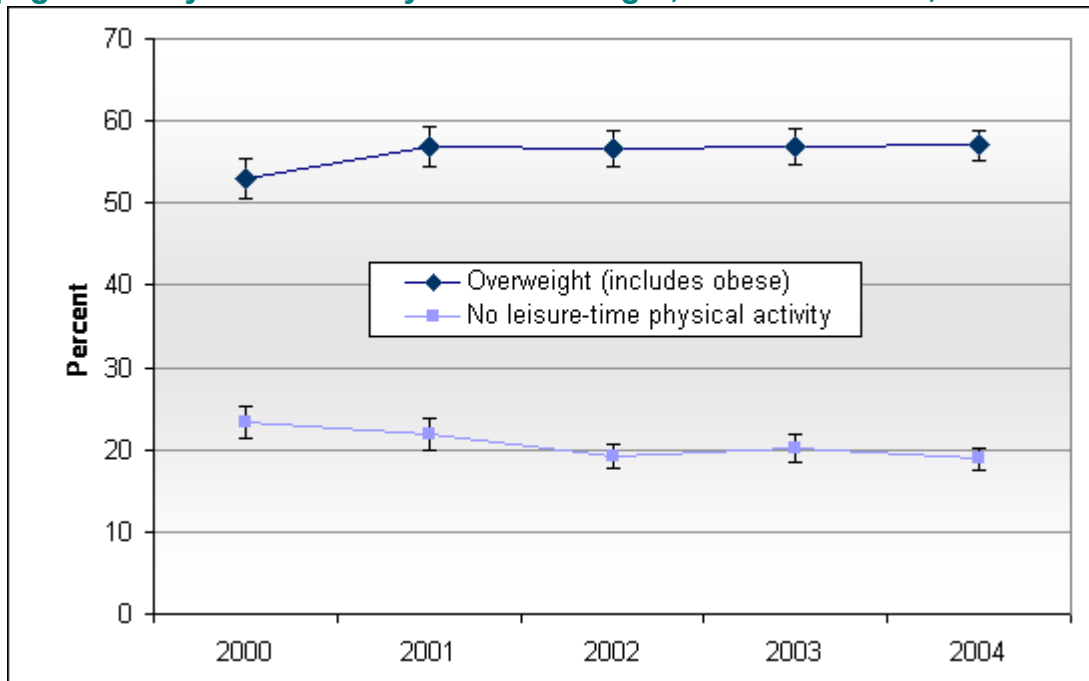


Figure 7. Physical Inactivity and Overweight, Montana Adults, 2000-2004.